

Wolf Pack WARRIOR

Vol. 18, No. 2

8th Fighter Wing, Kunsan Air Base, Republic of Korea

Jan. 17, 2003



There's room at the Inn

The SonLight Inn offers family-style recreation and fellowship

See story, pages 6, 7

NEWS BRIEFS

Upcoming exercise reminder

Kunsan joins United States Forces Korea for a peninsula-wide exercise Feb. 3 - 7. This is Kunsan's final exercise before the upcoming Operational Readiness Inspection.



Photo by Staff Sgt. Maritza Freeland

New Kunsan squadron formed

The 8th Logistics Readiness Squadron became operational following a ceremony Wednesday. This consolidation of the former transportation and supply squadrons completes the wing realignment, making Kunsan in compliance with the Air Force-wide mandated re-organization.

Medal recognizes Korea vets

A new defense medal will eventually be issued to military members who served in the Republic of Korea, or adjacent waters, after July 28, 1954. The U.S. Korea Defense Service Medal should not be confused with the foreign service Republic of Korea War Service Medal that was authorized for U.S. military personnel who served in Korea between June 25, 1950 and July 27, 1953. The new medal will be for those who served in Korea after the war, up to an undetermined ending date, said officials.

Quarterly assignments posted

The Enlisted Quarterly Assignment Listing for people returning from overseas May through July is available. The deadline for updating assignment preferences is Jan. 30. Airmen will be notified of their selection in February. People can view the lists from the AFPC Web site at <http://afas.afpc.randolph.af.mil/enlisted/enlisted.htm>

Some airlines waive ticket exchange fees for troops

Some U.S. airlines are adjusting their rules so service members won't have to pay penalties if they need to alter ticket reservations because of military duty. AirTran Airways, Delta Airlines and Hawaiian Airlines now waive ticket change fees for service members on military deployment orders, while ticketing changes on Southwest Airlines are currently free. Continental, Frontier and Northwest Airlines waive change fees and also will issue refunds on request. Particulars of these carriers' programs can be viewed at dod.mil/mapsite/airtickets.html.



Photos by Staff Sgt. Chuck Walker

SUPPORTING THE TROOPS: About 350 Koreans, including members of the Kunsan chapter of the Foreign Organization Employee Union, the America Town Bar Owners Association and Korean contractors working on Kunsan Air Base attended the first pro U.S. military rally ever held at Kunsan Tuesday.

Pro U.S. rally held at Kunsan

Nearly 350 demonstrators gather to show their support of U.S. military

By Senior Airman
Andrew Svoboda
8th Fighter Wing Public Affairs

About 350 Koreans gathered outside the main gate here Tuesday to show their support for United States Forces Korea troops.

Although a first for Kunsan, pro-U.S. rallies have taken place outside U.S. military installations in Seoul and Osan throughout the past two weeks.

Among those gathered to express opposition to removing United States Forces Korea troops from the peninsula were members of the Kunsan chapter of the Foreign Organization Employee Union, the America Town Bar Owners Association and Korean contractors working with Kunsan Air Base.

The rallies may come as a surprise to some, after the recent outpouring of anti-U.S. military protests and sentiment that followed the acquittals of two 8th Army soldiers in Seoul.

Many of the recent protests against the U.S. military have called for a revision of the Status of Forces Agreement in addition to the removal of USFK troops from the peninsula.

Han, Ki Hong, president of the Kunsan labor union, spoke to gatherers during the assembly. His words reflected those gathered for the rally were in disagreement with the protesters for many reasons, none the least being North Korea's decision to activate its nuclear power program.

See RALLY, page 4



Pak, Yang Kyo, vice president of the Kunsan chapter of the Foreign Organization Employee Union, was one of the speakers at Tuesday's rally.

Leaders should be fit, be fair, be firm

By Chief Master Sgt. Chris Dobbins
11th Air Force Command Chief Master Sergeant

“Chief, I’ve got a question...”

These five words have become a very common introductory remark as I traverse the many shops, offices and flightlines of our great Aerospace Force.

While many of the questions concern deployments, pay, assignments and quality of life issues, more and more I’m getting, “Do you have any advice for today’s young supervisors?”

To me, this is one of the easier questions I’ve ever had to answer.

I simply call it the “3-F” approach: be fit, be fair and be firm.

Be fit! It’s called a “profession of arms” for a reason. At anytime, we could be called upon to do our nation’s will. Granted, some jobs require greater levels of fitness than others, but everybody who serves in our Air Force has a responsibility to maintain his or her personal fitness so we may answer that call.

News flash! Some of the locations we are asked to serve don’t have rental cars, a Holiday Inn Express or McDonald’s. In fact, the number one method of transportation in many of these areas is shoe leather; number one living accommodation, tents; number one eating establishment ... Well, you get the point.

What do you suppose is the common denominator for successful mission accomplishment in these austere areas? It is a fit force.

Supervisors, here are a couple of things to remember. The gym doesn’t require an “open area #7” on your restricted area badge for access — use it! There are 24 hours in the day. Spend one of them improving your fitness. Twenty-three hours should be plenty to accomplish most everything else.

If you are not maintaining your

“Even in our great Air Force, we have people who need to improve, who need to put forth a little more effort, who need to know their jobs a little better, who don’t deserve a ‘firewall 5’ EPR”

— Chris Dobbins

11th Air Force command chief master sergeant

own fitness, how can you expect it of your troops? Lead by example. Be fit.

Be Fair! There is nothing more divisive to a shop, office, flight or organization than double standards and preferential treatment, perceived or otherwise. As a supervisor, you simply cannot afford to allow an unfair environment to exist.

So why has this become the Achilles heel of so many supervisors? Human nature, personal likes and dislikes, prejudices, age differences, cultural barriers — it could even be something as simple as sports or music interests. The list is endless.

To some degree, we’ve all experienced the work environment where “the boss” has his favorites, and gives the great shifts to “Airman Do No Wrong” while giving “Airman What’s His Name” weekend duty so “the gang” can go skiing, camping or the like.

This is not a successful formula for unit harmony or mission accomplishment. Call me crazy, but I don’t subscribe to the belief that everyone is “created” equal. If that were the case, you would see the name “Dobbins” next to “Woods” every week at the top of the PGA leader board. However, I do believe that everyone should be “treated” equal, and that is where you, the supervisor, come in. Be fair.

Be Firm! Everyone has his or her own personal comfort level when it comes to implementing and enforcing standards, but being firm can sometimes be the most difficult for supervisors, both new and experienced, to

practice.

Being firm equates to being honest in many instances, and sometimes we as supervisors have to step up and make the tough calls.

Contrary to popular belief, not everybody is a “5” on his or her Enlisted Performance Report. Not everybody is a “my #1.” Not everybody is a “definite promote” and not everybody deserves a permanent change of station decoration.

Even in our great Air Force, we have people who need to improve, who need to put forth a little more effort, who need to know their jobs a little better, who don’t deserve a “firewall 5” EPR, and who don’t deserve a decoration for every 90-day deployment or 24-month PCS move.

I cannot tell you the number of times I have heard, “Sorry Smitty, I put you in for a Meritorious Service Medal, but ‘they’ disapproved it at headquarters ... something about level of responsibility of a staff sergeant not being commensurate with the level of the decoration.”

One of the most difficult tasks you will ever have as a supervisor is being honest with subordinates who are not meeting standards. The answer is simple, but many times the action is not. Be firm.

That is the 3-F approach. By applying these practices across your supervisory spectrum you will be promoting a profession of arms environment that your people will understand, appreciate and ultimately, with time, emulate.

ACTION LINE 782-5284



Col. Guy Dahlbeck
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can’t be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

AAFES Customer Service.....	782-4426
Area Defense Council.....	782-4848
Base Exchange.....	782-4520
Chapel.....	782-4300
CES Customer Service.....	782-5318
Commissary manager.....	782-4144
Education Office.....	782-5148
Dining Hall.....	782-5160
Fitness Center.....	782-4026
Golf Course.....	782-5435
Housing Office.....	782-4088
Inspector General.....	782-4850
IDEA Office.....	782-4020
Law Enforcement Desk.....	782-4944
Legal Assistance.....	782-4283
Military Equal Opportunity.....	782-4055
Military Pay.....	782-5574
Military Personnel Flight.....	782-5276
Medical Patient Advocate.....	782-4014
Network Control Center.....	782-2666
OSI.....	782-4522
Public Affairs.....	782-4705
Telephone Repair.....	119

action.line@kunsan.af.mil



Wing Tax Assistance

Available by appointment beginning Jan. 28

Mon. - Thur. 8 a.m. to 4 p.m.
Fridays - 8 a.m. to noon

Call Staff Sgt. Michele Deaner at 782-4283 for an appointment

Service not available Feb. 3 - 7 due to exercise

MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	317	135
80th FS	277	148
8th FW	594	283



COMMUNITY STANDARDS

National Anthem outdoors

Military personnel are expected to render proper military courtesies, such as stopping all outside activities during Reveille and Taps and saluting during both the Korean and U.S. national anthems.

No heat for some base buildings

HVAC troops put in extra hours to bring facilities back online

By Senior Airman Andrew Svoboda
8th Fighter Wing Public Affairs

In order to restore heat to the buildings with broken units, the 8th Civil Engineer Squadron’s heating, air conditioning, and ventilation troops worked nearly 15-hours a day last week.

Malfunctioning heating systems caused people living and working in facilities including the O’Malley Dining Facility, the education center and a number of dormitories to endure below-freezing temperatures and no hot water.

According to Master Sgt. James Watters, 8th Civil Engineer Squadron HVAC superintendent, the base’s heating units are an ongoing problem year round, but the situation worsens in cold weather.

“The units are old and temperamental,” said Watters. “It doesn’t take much ice to bust a pipe that’s paper-

thin from corrosion.”

An even bigger problem HVAC troops are facing, in addition to the buildings without heat, is broken pipes causing water flooding into dormitory rooms.

“When the heating units fail, that causes the heating water to freeze, then crack the tubing,” said Watters. “This results in water flooding the rooms and causing severe damage.”

Dormitory residents can help prevent pipes from freezing by keeping their thermostat above 70 degrees, said Watters.

“This keeps the heating water moving through pipes,” he said. “If rooms are getting too hot, it would be better to open a window than to turn off the heat. Turning off the heat causes the pipes to freeze.”

Dormitory residents who experience problems should inform either the dorm manager or contact the HVAC shop immediately to prevent further damage.

“We’ve responded to everyone who’s called, we just ask that people be patient. We have a 21-person HVAC shop responsible for maintaining more than 1,100 facilities on base. That aver-



Photo by Senior Airman Andrew Svoboda

THE HEAT IS ON: Senior Airman James Nagel, 8th Civil Engineer Squadron heat, air conditioning and ventilation shop, wraps hot water pipes to keep them insulated.

ages out to about one person for every 52 buildings.

“If an entire building is without heat, that will take priority over a building with only one room without heat, we are responding to everyone.”

Heating Problems?

To report a heat or hot water outage, call the HVAC shop 24 hours a day at 782-5318.

Five Wolf Pack members receive article 15s in Dec.

By Staff Sgt. Tesha Quarterman
8th Fighter Wing Legal Office

Four members of the Wolf Pack received punishment under Article 15 of the Uniform Code of Military Justice during the month of December.

An 8th Mission Support Squadron senior airman, received Article 15 punishment for unlawfully striking a Korean national with her fist, a violation of Article 128, UCMJ. The commander imposed punishment consisting of a reduction to the grade of airman first class, suspended for four months, 30 days restriction and a reprimand.

A senior airman from the 8th Operations Support Squadron received Article 15 punishment for assaulting an NCO, a violation of Article 128, UCMJ. Punishment included reduction to the grade of airman first class, suspended for four months, 21 days restriction, restriction from the bowl-

ing center, Loring Club and all hooches for 21 days and 30 days extra duty.

An 8th Aircraft Generation Squadron airman first class received Article 15 punishment for dereliction of duty by failing to stay awake while on shift, failing to have the proper forms ready for the pilot and failing to remove seat pins from the aircraft, violations of Article 92, UCMJ. Punishment consisted of reduction to the grade of airman, suspended for six months, restriction to Kunsan Air Base for 27 days and a reprimand.

An Airman Basic from the 8th Communications Squadron received Article 15 punishment for failing to go to his appointed place of duty at the time prescribed, a violation of Article 86, UCMJ. The commander imposed punishment consisting of forfeiture of \$50 pay per month for two months, suspended for six months, 14 days extra duty and a reprimand.

Immunizations

Wednesday

11:30 a.m. to 4:30 pm

Base Theater

Active Duty personnel only

Shots offered include Flu, Tetanus, Hepatitis A, Hepatitis B, Typhoid

NEED A RIDE?

Call 782-4318 for Taxi Service

Martin Luther King Jr.

☞ In 1957 Dr. Martin Luther King, Jr., led 115 African American leaders to lay the groundwork for a new civil rights organization, now known as the Southern Christian Leadership Conference.

☞ In 1963 Time magazine named Dr. Martin Luther King Jr., Man of the Year.

☞ In 1964 Dr. Martin Luther King Jr., was the recipient of the Nobel Peace Prize.

Integrity ♣ Service Before Self ♣ Excellence in All We Do



WOLF PACK
WARRIOR

Vol. 18, No. 2

Defend the base
Accept follow-on forces
Take the fight North

Editorial Staff

Col. Guy Dahlbeck
Commander, 8th Fighter Wing

Capt. Alsen Iversen
Chief, Public Affairs

1st Lt. Heather Healy
Deputy Chief, Public Affairs

Master Sgt. Mark Haviland
Superintendent, Public Affairs

Staff Sgt. Jerome Baysmore
Chief, Internal Information

Senior Airman
Andrew Svoboda
Editor

This funded Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the **WOLF PACK WARRIOR** are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The editorial content is edited, prepared, and provided by the 8th Fighter Wing Public Affairs office of Kunsan Air Base, Republic of Korea. All photographs are Air Force photographs unless otherwise indicated.

Submissions
Deadline for submissions to the **WOLF PACK WARRIOR** is 4 p.m. Thursdays for the next week's edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author's name, rank and duty phone. Fax and typewritten submissions are also accepted.

Contact Us
People with questions, comments, suggestions or submissions can contact the public affairs office at
8th FW/PA
PSC 2 Box 2090
APO AP 96264-2090

We can also be reached by phone at 782-4705, by e-mail at wolfpackwarrior@kunsan.af.mil, or by fax at 782-7568.

Legacy of Service

Father's Vietnam-era flying experience leads Wolf Pack pilot to follow in dad's footsteps

By 1st Lt. Heather Healy
8th Fighter Wing Public Affairs

The weather on January 10, 1973 was overcast as Lt. Michael McCormick, an A-6 Intruder pilot, and Lt. j.g. Robert Clark, bombardier navigator, stepped out to their plane and prepared for a mission.

For 10 months Attack Squadron 115, aboard the U.S.S. Midway, had been launching A-6 Intruders off its deck supporting B-52 air strikes over North Vietnam.

It was the last mission A. S. 115 would support with its A-6 Intruders, and it was strictly volunteer.

The next day McCormick, Clark and all U.S.S. Midway sailors would head back towards friendly waters and return to their families. For Clark it would be a particularly wonderful homecoming — he would hold his two-month-old son for the first time.

Two A-6s took off from the U.S.S. Midway that day, but at the end of flight operations, only one of them returned. The details surrounding the disappearance of McCormick and Clark's plane are unclear. Even 30 years later, little is known about what actually happened.

According to reports filed through the Homecoming II Project, there was intense surface-to-air missile activity that day. Twelve SAMs were launched at B-52s and three were launched at the A-6s.

Radio contact between the plane and its wingman was lost. Early search and rescue missions did not reveal any crash sites.

"I was acquainted with a number of officers at Naval Air Station Whidbey Island who manned the A-6A squadrons deployed on Pacific Fleet carriers," said Dave Anderson, a Vietnam veteran assigned to Attack Squadron 145 on the U.S.S. Ranger.

"I knew for a time several men on the POW/MIA list: Fred Homes, Harry Mossman, Rod Lester, and Bob Randall. I lived across the street from Robert Clark who was lost just weeks before the cease fire. He left behind a son that he never saw."

The son Robert Clark left behind would grow up without a father, but not without the influence of a father figure always in his life. Capt. Tad "TC" Clark, a 29-year-old pilot with

the 35th Fighter Squadron, grew up with a strong mother, who was full of memories, and friends who served with his father, who were full of stories.

"My father is presumed killed in action. His plane was the last Navy jet lost in Vietnam," said TC. "My mom obviously considers my dad the greatest thing since sliced bread. She's proud of the fact that her husband did something noble with his life."

She was not surprised when at an early age her son began expressing the desire to fly. From the days when his dreams were nothing more than crayon sketches of planes to the moment he entered pilot training, flying was his ultimate goal.

"Tad always wanted to be a fighter pilot as soon as he understood what being a pilot was," said Tonya Clark, widow of Robert Clark and mother of Tad. "I have always supported him in this."

According to TC, everything he's done up to this point has led to this. In high school he worked diligently to make the grades in order to get accepted into the Air Force Academy.

His goal at the Academy was to get a pilot slot. At pilot training his goal was to fly F-16s. At F-16 training his goal was to get in the jet and train for war.

Most days when TC steps to a jet, he is so focused on the mission, thoughts of his father don't cross his mind, but then again, sometimes they do.

"There have been times I've been here flying low level with fog coming off the mountain and the rice patties below that I think 'this must be similar to what it looked like flying in Vietnam,'" said TC.

"But truthfully, what we do now isn't even close to what my dad and others who served in Vietnam had to put up with. Now it's popular, even embraced, to be in the military."

But it was the sense of duty displayed by those he grew up with that drove him in the direction of military service.

"Each of us has a background and story. We all have friends and loved ones who have endured the hardships of war," said TC.

A new chapter in TC's story began at Luke Air Force Base, Ariz., when he took control of his first F-16.



Photos by Staff Sgt. Suellyn Nuckolls

FAMILY OF FLYERS: Capt. Tad "TC" Clark, 35th Fighter Squadron pilot, decided to become a pilot to follow in his father's footsteps. His father was a bombardier-navigator presumed killed in action during the Vietnam War.

"When the lists of assignments came out at Luke and I saw that Kunsan was on the list, I immediately knew that's where I wanted to go," said Clark. "I thought it'd be neat to be in the vicinity of where he is."

Becoming a mission-ready F-16 pilot at the Wolf Pack, however, is only part of the total experience. "It's exciting to be part of a group of people who are willing to make the same sacrifice," said TC.

Each and every day the Wolf Pack pilots get into a jet, they understand the magnitude of what their country asks them to do. Understanding that ultimate sacrifice is not always easy for those left on the ground.

"I couldn't think of too many other things in life that a mother could be prouder of than having her son willing to put his life on the line for others and for the cause of freedom, no matter where it is in the world," said Tonya.

That sentiment has been instilled in TC throughout his life, and though there was sadness growing up without a father, he feels grateful for all his father's spirit has given him.

"In some ways I have missed out, but I am blessed to have had a father who has affected my life in such a meaningful way. He stood for something and did something honorable with his life. Many kids grow up with fathers who are there every day, but



Courtesy Photo

PREFLIGHT: Navy Lt. j.g. Robert Clark poses before a mission over Vietnam. His plane was lost just weeks before the cease fire. The son he never knew continue the family's legacy of military service.

don't have that kind of impact."

TC looks forward to passing the same patriotic values his parents gave him on to his children.

"I think this has all given me a unique perspective on having a family," said TC. "It's important to make every second count and wake up every day thanking God for what you do have."

RALLY *continued from page 1*

"We do not want North Korea's light water plant reactivated. We are also against the protesters call to remove the U.S. military from Korea," he said. "This is a matter of our own lives. We are dependent on the base for our jobs."

Han went on to say he hopes this rally and others like it will help strengthen ties between U.S. military installations and those surrounding communities.

"Hopefully, these rallies will influence both the

Korean-wide media and anti-American protesters," he said. "We want to send the message to North Korea that we don't want the light water plant reactivation plans to continue."

8th Fighter Wing Quarterly Awards Luncheon

11:30 a.m. Jan. 24

Tickets available in advance through first sergeants

FROM THE TRENCHES... What are your New Year's resolutions?



Senior Airman Charron Jackson
"Spiritual growth, growing closer to God and keep using all the talents he's given me."



Master Sgt. Lorenzo Myers
"To reward myself for all the hard work I've done over the last 20 years I've been in the military."



Army Spc. Jake Ammann
"Pass our table eight and table 12 battle drill inspections."



Army Sgt. Neal Lebel
"Just to leave this country in one piece."



2nd Lt. Edgar Lopez
"Finish my master's in business administration."

Pope combat controller awarded Air Force Cross

By Airman 1st Class Jason A. Neal
43rd Airlift Wing Public Affairs

POPE AIR FORCE BASE, N.C. — Senior Air Force leaders awarded the Air Force Cross to Tech. Sgt. John Chapman here Jan. 10.

Chapman, a combat controller killed in Afghanistan while saving the lives of his entire team, was posthumously awarded the Air Force Cross, which is second only to the Medal of Honor as an award for valor.

Secretary of the Air Force James G. Roche said Chapman was "an American's hero."

"We gather today to pay tribute to the heroic efforts of Technical Sergeant John Chapman," said Air Force Chief of Staff Gen. John Jumper. "Today we know that John is here with us."

Jumper presented the Air Force Cross to Chapman's widow, Valerie. Chapman's parents, Terry Giaccone and Gene Chapman, each received one of the medals from the chief of staff.

The Air Force Cross has been awarded to 23 enlisted airmen, only three of those since the Vietnam conflict.

Chief Master Sgt. of the Air Force Gerald R. Murray said, "Such is the high degree of heroism for the merit of this medal's award."

Chapman and his team were inserted by helicopter into an area of Afghanistan on March 4 for a mission. During insertion, the helicopter came under heavy machine-gun fire and was directly hit by a rocket-propelled

grenade. The grenade caused a Navy SEAL team member to fall from the aircraft.

The helicopter was severely damaged and made an emergency landing seven kilometers away from where the SEAL fell.

After landing, Chapman called in an AC-130 gunship to provide close-air support and cover the stranded team before directing the gunship to search for the missing team member.

Chapman called for, coordinated and controlled an evacuation helicopter for the team, limiting their exposure to enemy fire.

According to the award citation, Chapman volunteered to rescue the missing team member without regard for his own life. He engaged and killed two enemy personnel then continued advancing until engaging a dug-in machine gun nest.

"At this time, the rescue team came under effective enemy fire from three directions," read the citation. Chapman exchanged fire at close range with the enemy until succumbing to multiple wounds. "His engagement and destruction of the first enemy position and advancement on the second enemy position enabled his team to move to cover and break enemy contact."

The team leader credited Chapman's aggressive and selfless actions with saving the lives of the entire team.

2002 Pacific Air Force Award

8th Aircraft Maintenance Squadron - Maintenance Effective Award



Selected for Promotion to Major

8th Fighter Wing
Joseph Fletcher
Christine Trend

8th Medical Operations Squadron
Natalie Keeler

8th Maintenance Squadron
Timothy Hess

35th Fighter Squadron
Robert Petty
William Lee

8th Aircraft Maintenance Squadron
James Rich

80th Fighter Squadron
Alexus Grynkewich
Clark Quinn

Selected for Promotion to Captain

8th Medical Operations Squadron
Justin Martin



OF THE PRIDE PACK

Job: 8th Security Forces Squadron pass and registration section

Duties: Produce line badges, register vehicles, inprocess incoming members into a USFK personnel-tracking system.

Hometown: Seattle, Wash.

Follow-on: Ramstein Air Base, Germany.

Hobbies: Workout, listen to music and hang out with my girls

Favorite music: Lil Jon and East Side Boys — Kings of Crunk.

Last good movie you saw: "Signs"

Best thing you've done at Kunsan: My shopping trips to Seoul.

"Senior Airman Conley's day-to-day interaction with Korea employees, civilian contractors and military members of the Wolf Pack are instrumental in enhancing the mission. She also supports the squadron and community by actively volunteering her time with programs such as the Samsung orphanage and wing tax assistant program. Conley also completed her 7-level CDC ahead of her peers."



Senior Airman Jennifer Conley

Staff Sgt. Jennifer Wamper
Supervisor



Wolf Pack Radio 88.5

5 to 10 a.m.

Weekdays

Request Line

782-4373



Stop in to see what's cooking and going on at the... SonLight Inn

By Staff Sgt. Jerome Baysmore
8th Fighter Wing Public Affairs

They run the Inn with the camaraderie of a sports bar combined with the ability to serve dinner with the comforts of a family-owned restaurant.

But the smoking lamp never lights nor does the bar ever open for cocktails—they don't have either one in the SonLight Inn.

Inside, the "Innkeepers" work together to provide Christian hospitality to all faiths and traditions and allow their guests to relax and enjoy themselves in an alcohol-and tobacco-free atmosphere.

"I have a serving heart, and I enjoy serving other people," said senior Innkeeper Tech. Sgt. Jeff Tolar. "It's not considered work to me. When you look back and see all the hours you've put into it, some of us may work here more than our normal jobs, but it's all volunteer and it's all serving."

The two-time Kunsan Air Base veteran and 80th Fighter Squadron combat support office NCOIC said he and most Innkeepers agree the job isn't about pay or benefits because there are none. It's about doing something positive and keeping a tradition going for Wolf Pack members.

"I like to have fun and to see other people having fun without alcohol being a source," said senior Innkeeper Staff Sgt. Suellyn Nuckolls, 8th Communications Squadron visual information technician. "I like people and I want to help with a wonderful program that has an alcohol, smoke and curse-free environment."

Most Wolf Pack patrons say they enjoy the SonLight Inn's atmosphere as well.

"It's a home away from home," said Staff Sgt. Manuela Henning, 8th Communications Squadron unit training manager. "It's a good and safe place to hang out."

Henning added she frequents the Inn every chance she gets to be with her friends for good times and fellowship.

The chapel and SonLight Inn staff help Wolf Pack members through their tour with programs and services such as: squadron-sponsored Friday night meals, a kitchen that may be signed-out for use, prayer groups, large-screen television, DVD player and videocassette recorder, family videos, board games, private morale call room, video-phone, e-mail and internet access, ping pong table and computer games.

Tolar said the main reason he decided to be an Innkeeper again during his second tour here is because he believes in making other's tour here easier.

"Mainly, I believe in what the Inn stands for and the purpose of it," he said. "Yeah, you get a jacket, hat and a shirt, but you

don't do it for that. You do it because you want to help."

Many Innkeepers grow so attached to their SonLight Inn service they're concerned how well the service will keep going after their tour ends but more volunteers are always arriving.

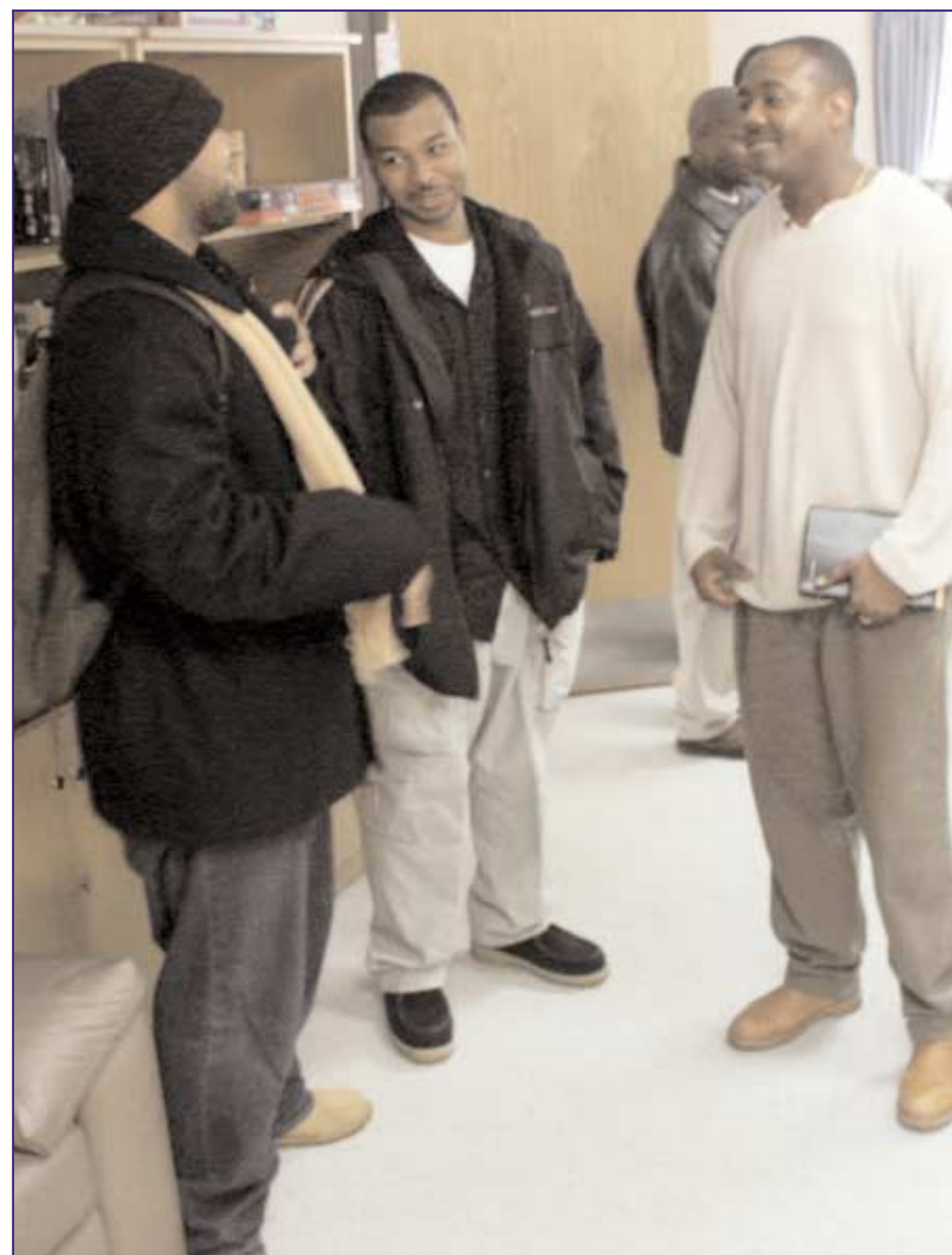
"You always worry about it, but the next time you turn around, there's always a new face asking how can they help out here," Tolar said. "If you want to get involved, there's no resume, just come out and help. There were people working here before I got here and there will be people working here after I leave because they believe in the Inn."



SonLight Inn patrons watch a playoff game in the television and computer room. The SonLight Inn is located next to the base chapel, behind the O'Malley Inn Dining Facility.



Staff Sgt. Jamie Price, 8th Mission Support Squadron evaluations NCOIC, tries her hand at a computer game in the SonLight Inn Wednesday.



Senior Airmen Gerald Hickman, Timothy Leviston and Jeffery Goff from the 8th Civil Engineer Squadron share a moment of fellowship in the SonLight Inn.

SonLight Inn Hours	
Days:	10 a.m. to 2 p.m. Tuesday through Thursday
Nights:	6 p.m. to 10 p.m. Sunday through Thursday
Fridays and holidays:	6 p.m. to 2 a.m.
Saturday:	6 p.m. to 12 a.m.
For more information, call 782-5466	

7 DAYS Today

Walking tour The Kunsan walking tour, sponsored by the Family Support Center, departs the main gate at noon. Tour the downtown shopping area, hike Wolmyeong Park and visit a Buddhist temple. Special emphasis on learning to use local transportation. Registration required, call 782-5644.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 a.m. and 6:30 p.m. The bus returns to base at 5 and 10:30 p.m. Tickets are \$10/\$9* one way and \$20/\$18* round trip. For more information, call 782-5213. **Special Consideration for Airmen's Morale (S.C.A.M.) program.*

Free food The Loring Club offers free baked chicken from 6 to 9 p.m. in the ballroom.

Karaoke Display your talent or cheer on others from 8 p.m. to midnight at the Falcon Community Center.

Howlin' Bowl Bowling is \$8 per person or \$35 per lane 7 p.m. to 1 a.m. at the Yellow Sea Bowling Center.

SonLight Inn meal The African American Heritage Committee hosts the free meal at 6 p.m. in the SonLight Inn. The meal includes chicken, macaroni and cheese, greens, corn bread and cobbler.

Saturday

Girl Scouts sell cookies Girl Scouts from Osan and Camp Humphries sell cookies here from 10 a.m. to 5 p.m. at the Base Exchange.

Darts tournament The Falcon Community Center hosts a dart tournament at 7 p.m. Winners receive a phone card.

Country night The Loring Club's country night offers dancing and a bungee bull in

the ballroom.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 p.m. and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Sunday

Girl Scouts sell cookies Girl Scouts from Osan and Camp Humphries sell cookies here from 10 a.m. to 5 p.m. at the Base Exchange.

Free throw competition The Falcon Community Center hosts a best out of 10 free throw basketball competition at 2 p.m. Winner receives a free phone card.

Brunch Extravaganza The Loring Club offers entrees and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. Price is \$11.95 per person for club members.

B-I-N-G-O The Loring Club hosts bingo at 2 p.m. The early bird bingo game begins at 1:45 p.m.

10 cent wings The Loring Club offers 10 cent wings from 6 to 9 p.m. for club members.

Rent-A-Lane Rent a lane at the Yellow Sea Bowling Alley from 11 a.m. to 11 p.m. Cost is \$6 per hour. For more information, call 782-4608.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 p.m. and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

January b-day celebration People with birthdays in January can stop by the Falcon Community Center at 7 p.m. for complimentary cake.

50 cent pizza The Loring Club offers 50 cent pizza and \$1 longnecks from 6 to 8 p.m. for club members.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.



Photo by Staff Sgt. Chuck Walker

SERVING WITH HONOR: Senior Airman James Bell, Tech. Sgt. Shelli Fisher, Staff Sgt. Harvey Gilchrist and Senior Airman John Gerlach, all members of the base honor guard, present the colors during a recent function. Anyone interested in joining the honor guard can call Staff Sgt. Bridget Bivens at 782-5411.

Tuesday

Sumo wrestling The Loring Club offers sumo wrestling following the football game.

8 ball pool tournament The Falcon Community Center hosts an 8 ball pool tournament at 7 p.m. Winner of best two out of three games wins a free phone card.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Football Frenzy Watch football at the Loring Club and win prizes, including a trip to the Super Bowl or Pro Bowl.

Wednesday

Thunderbirds briefing Members of the Thunderbirds arial demonstration team hold a brief at 2 p.m. in the 8th Maintenance Squadron conference room for enlisted maintenance positions. People interested in applying for the 2003 team need to bring

copies of their last five EPR's, a weight and body fat letter from their orderly room and current records review listing.

8-ball pool tournament Test out your pool playing skills at the 8-ball pool tournament at 7 p.m. at the Loring Club.

Free food The Loring Club offers free chili bar from 6 to 9 p.m. in the ballroom.

Karaoke Display your talent or cheer on others from 8 p.m. to midnight at the Falcon Community Center.

Thursday

Chess night Put your chess skills to the test during chess night at 7 p.m. at the Falcon Community Center.

Ladies night Ladies bowl for free all night at the Yellow Sea Bowling Center. Call 782-4608 for more information.

2-for-1 steak night The Loring Club offers two steaks for the price of one from 5:30 to 8:30 p.m. for club members.

Education

Conversational Korean class A free six-week conversational Korean class is offered beginning Feb. 11. Students will learn to speak and read basic phrases. Two nights a week from 6 to 7 p.m. If interested, email Rosemary Song at SongAe.Song@kunsan.af.mil

OTS application acceptance Officer Training School will only accept applications from individuals with technical degrees through Oct. 03, unless individual is seeking a rated position. Call the Education Center at 782-5148 to find out what degrees qualify.

Troop-to-Teachers Troops-to-Teachers provides referral assistance and placement services to military personnel interested in beginning a second career in public education as a teacher. The DANTES Troops-to-Teachers office helps applicants identify teacher certification requirements, programs leading to certification and employment opportunities. The office's new Web site is www.jobs2teach.doded.mil.

Commissioning counseling The education office offers commissioning counseling for airmen considering pursuing a commission. For an appointment, call 782-5148.

CLEP/DANTES The education center offers CLEP/DANTES testing 8 a.m. Mondays and Fridays, and 8 a.m. and 1 p.m. Wednesdays. Call 782-5148 for an appointment. The Rosenblum Library offers a variety of CLEP and DANTES study material for loan. The library is open 9:30 a.m. to 9:30 p.m. daily.

CDC testing Career Development Course testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

Volunteer Opportunities

Women's History Month The Women's History Month Committee is looking for volunteers to plan for events. This year's theme is "Women Pioneering the Future." For more information, contact Staff Sgt. Lynetta Williams 782-4053.

CISM peer counselors The Life Skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Korean orphanage The military equal opportunity office seeks volunteers to help at the local Kae Chong Orphanage on a weekly basis. On Thursdays, Wolf Pack personnel spend some time with about 40 children. There is an English session and snack time. If interested in volunteering about two hours, contact Staff Sgt. Lynetta Williams or Staff Sgt. Jesse Hernandez at 782-4053.

BULLETINS

Super Bowl XXXVII

Jan. 27
Loring Club doors
open at 6 a.m.



- ☐ Former Oakland Raider Ben Davidson, stops in for the game
- ☐ 6:30 a.m. to 8:30 a.m. breakfast buffet — \$5
- ☐ Free hot dog bar during the game
- ☐ Drink and food specials during the game
- ☐ First 100 people at the club enter a drawing to win \$100
- ☐ Contests and drawings throughout the game

Support Center hosts a Korean cooking class 11 a.m. Jan. 28 at the Son Light Inn. The free class teaches people to cook bulgogi. Register in advance by calling 782-5644.

Sponsorship Training The Family Support Center gives sponsors the tools they need to help the transition to Kunsan easy. The program takes place at 10 a.m. every third Wednesday of the month at the SonLight Inn.

Family reunion The Family Support Center hosts a family reunion briefing 3:30 p.m. Tuesdays at the base theater. The briefing addresses the challenges of returning home after a separation.

Smooth Move A briefing to answer questions about permanent-change-of-station moves is 1 to 2:30 p.m. Wednesdays at SonLight Inn. Legal, finance, housing, and medical experts provide information. Registration required, call 782-5644.

Miscellaneous

Quarterly award luncheon The 8th Fighter Wing Quarterly Awards Luncheon is 11:30 a.m. Jan. 24 at the Loring Club. Tickets can be purchased in advance from unit first sergeants. Cost is \$7.50.

Wing promotions ceremony Celebrate new promotions during the ceremony 4 p.m. Jan. 31 at the Loring Club. Promotees need to be in place no later than 2 p.m.

Tax assistance The legal office offers tax assistance for military and civil service

employees beginning Jan. 28. Schedule an appointment by calling Staff Sgt. Michele Deaner at 782-4283.

Military children scholarships The commissary offers scholarships for military children. Applications for the scholarships are available at the commissary's customer service desks. Children do not have to be assigned here to be eligible.

Off base driving The LRS squadron administers licenses for driving off base. E-6 and below are authorized to own a private vehicle and drive off-base and E-5 and below may rent cars and drive off-base. All ranks are authorized to operate government vehicles off-base for official duties. For more information about an off-base license, call Senior Airman Shelly Falls at 782-6014.

Legal accepts applications Applications for the Funded Legal Education Program, a paid legal studies program for active-duty Air Force officers, are being accepted from Jan. to March 1. For more information and an application, contact Maj. Lynnette Pratzner at DSN 224-5941.

Base visitor policy update Only DoD ID cardholders are allowed on base after curfew hours. This policy ensures Kunsan's visitation policy complies with other U.S. military installations in Korea and protects the quality of life of dorm residents.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

MOVIES

Saturday & Sunday Matinee

"Tuck Everlasting" (PG)

Starring Alexis Bledel and William Hurt. 3 p.m.

Saturday

"Analyze That" (PG-13) 7 and 9:30 p.m.

Sunday

"Formula 51" (R)

Starring Samuel L. Jackson and Nigel Whitmey. 7 and 9:30 p.m.

Monday

"Formula 51" (R) 8 p.m.

Tuesday

"Ghost Ship" (R) Starring Gabriel Byrne and Julianna Margulies. 8 p.m.

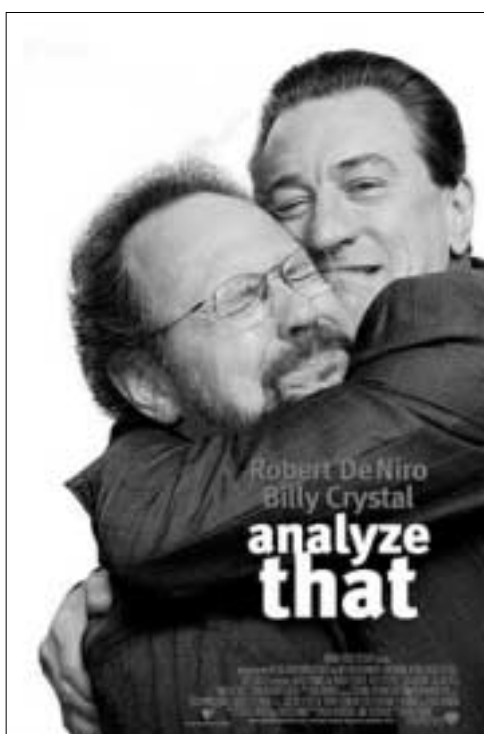
Wednesday

"Ghost Ship" (R) 8 p.m.

Thursday

"Star Trek: Nemesis" (PG-13)

Starring Patrick Stewart and Jonathan Frakes. 8 p.m.



Tonight

"Analyze That" (PG-13)

Starring Robert De Niro and Lisa Kudrow. 7 and 9:30 p.m.



Here's your chance to tell us what you think about Air Force Services. Watch your mailbox for the 2003 Customer Feedback Survey. Complete and return it in the envelope provided.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No "personal" ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

For Sale

Laptop A Dell laptop, includes a carrying case and two batteries. \$500 o.b.o. Call Airman 1st Class Ruby Salvino at 782-5945 before 5 p.m. or 782-9164 after 5:30 p.m.

Speakers Klipsch KM-6 black vinyl finish floor standing speakers. \$250 O.B.O. for the set. Specs: Two 10 inch woofers and 3 inch tweeter. Excellent sounds and condition. Call Staff Sgt. Myers at 782-9197 home or 782-6840 at work.

Kia Avella 5-speed, four door, good car and outstanding fuel economy. Asking \$1000 o.b.o. Call Tech. Sgt. Madsen at 782-5371 (work) or 782-8263 (home.)

Video Games Tom Clancy's Ghost Recon and Desert Siege- \$25, Command & Conquer: Renegade- \$25, Mech Warrior 3 w/Pirate's Moon- \$10, Tom Clancy's Rainbow Six- \$10, Half-Life Platinum Collection- \$25, Beyond Atlantis- \$10, or all for - \$90. All bought at

base exchange; played only once and selling for half price. Call Tech. Sgt. Larry Chagnon at 782-5550 (work) or 782-9873 (home.)

Nintendo Game Cube With controller, two extra large memory cards and NCAA Football. All for \$175. Contact Tech. Sgt. Maurer 782-4555 or 782-9235.

TV/VCR 19" samsung TV-VCR combo. It's 4 months old. \$185 o.b.o. Call John Juanico at 782-8849 (home).

Pentax Camera Super Program SLR, older camera, but in good shape, takes excellent pictures, comes with two lenses, flash unit, carrying case, asking \$60, Call Master Sgt. Karl Batig at 782-7338 (evenings).

Mountain Bike Classic 26" TREK, recently reconditioned, new gel ergo seat, new Bell helmet with visor (blue), twist grips, bar ends, \$60 obo. Call Master Sgt. Karl Batig at 782-7338 (evenings).

Computer Computer with keyboard, mouse, and software for sale. AMD Processor, 127MB RAM, 56X disc drive, Windows ME.

Fully upgradeable. \$600 Call Tech. Sgt. Jenny Nicholson at 782-8438 (Home).

RC New Beetle Over 2 feet long, red, working head and tail lights, sounds, three speeds, doors, trunk, and hood all open to detailed interiors, rechargeable batteries, \$130 new, asking \$60. Call Master Sgt. Karl Batig at 782-7338 (evenings).

Computer Gateway Computer 156K Connection, 12MB Hard-drive space, plenty of memory and fully upgradeable asking price \$650 OBO Willing to negotiate. David Hartmayer 782-7616 (work) or 782-6275 (home.)

Wanted

Moped Looking for one 50cc moped, preferably in good condition. Contact Airman 1st Class Geoffrey Latner at 782-9763.

Moped Looking for a 50cc moped in good condition. Call Tech Sgt. Raymond Agosto at 782-1999.

Animal Health Visit

Jan. 30

10 a.m. to 1 p.m.

Building 804

Pet NEO info
Vaccinations
De-wormers

For more information,
call Capt. Tolbert
764-4858

Over-30 Basketball

Kun Dawgs blow out Med Dawgs 63-34

By Staff Sgt. Chuck Walker
8th Communications Squadron

The term “over-30 basketball,” probably doesn't conjure thoughts of a running, gunning, fastbreak team.

Don't tell that to the Kun Dawgs, a team made up of players from throughout the base.

The Kun Dawgs (3-1), led by John Turner, 20 points, and Andrew Craig, 13 points, overcame a one-point half-time deficit with fast-breaking offense to blowout the Med Dawgs 63-34.

“We like to run with the ball,” Kun Dawgs player-coach Brian Kelly said. “Unlike most over-30 teams, we're a fastbreak team. We're one of the most athletic teams in the over-30 league. Our plan is to run every game.”

It looked like the Kun Dawgs would run away with the game early, opening up with a 12-4 lead.

But the Med Dawgs hung tough thanks to the play of William Holland and his eight first-half points.

The second half was a totally different story.

Craig scored 11 of his 13 points in the second half, eight of which came during the Kun Dawgs' 14-0 run, which opened the second half and blew the game wide open.

“In the second half they spread their defense out too far and allowed us to run a lot more,” Kelly said. “We also played tough defense. We were getting steals and quick rebounds and each time we were looking for the layup. We got a lot of easy baskets in the second half.”

Another key to the Kun Dawgs was the play of Turner. When he wasn't scoring, Turner was running the Kun Dawgs offense with precision. He said his goal was to get his teammates involved.

“Basically our plan coming in was for me to drive, then dish to the open man,” Turner said. “But when our people were setting the screen, the defense was leaving me wide open and I got a lot of good looks, so I started shooting. We were also just a little bit quicker in the second half as well.”

Med Dawgs coach Gary Fowler was stunned — not only by his team's play in the second half, but its first loss of the season as well.

“We made too many mistakes and too many errors in the second half,” Fowler said. “From about the middle of the second half we got a little tired. They took advantage of our mistakes and got a lot of easy baskets. We have to learn from this loss.”

Turner said the Kun Dawgs will approach each game with the same motivation as the season moves closer to playoff time.

“The key for us is going to be intensity,” Turner said. “We have to every possession and limit our turnovers. If we do those things as well as taking advantage of the other team's mistakes and getting easy baskets, we should be successful.”

Please return any towels that belong to the
Wolf Pack Sports and Fitness Center



Photos by Staff Sgt. Chuck Walker

SURE SHOT: Dan Turner led the Kun Dawgs over-30 basketball team to a victory over the Med Dawgs Tuesday. Turner garnered 20 points for his team.



HOOPIN' : Charles Long (above) added seven points to help the Kun Dawgs take the win.

(right) Michael Briggs, Med Dawgs, tied with his team's leading scorer giving his team 10 points.



SPORTS SHORTS

10K fun run

A 10K Martin Luther King Day run is 9 a.m. Saturday beginning at the fitness center. Register in advance at the fitness center.

Competition cancelled

The men's and women's bodybuilding competition scheduled for 9 a.m. Saturday at the fitness center is cancelled.

Tennis court closure

The tennis courts next to the fitness center are being demolished to accommodate the new fitness center. New tennis courts are being built near the chapel and will be available in late March.

Bowling 9-pin tournament

The Yellow Sea Bowling Center hosts a 9-pin tournament 6:30 p.m. Saturday. Cost is \$13 entry fee.



Tobacco cessation classes

The Health and Wellness Center offers free classes to help people quit smoking. For more information, call 782-4305

Darts competition

The Falcon Community Center hosts a darts 501 tournament 7 p.m. Saturday. Winner receives a free phone card.

Free throw b-ball contest

The Falcon Community Center hosts a best-of-10 free-throw basketball contest at 2 p.m. Sunday. Winner receives a free phone card.

8 ball tournament

The Falcon Community Center hosts an 8 ball pool tournament at 7 p.m. Tuesday. Winner of best two-of-three games wins a free phone card.

Kunsan dart league

Anyone interested in playing or entering a team in the Kunsan spring dart league should contact Staff Sgt. Jon Leidner at 782-5600.

Kunsan marathon training

Members of the Wolf Pack training for a marathon or trying to improve their marathon time should contact Steve Vreeke at 782-8394. Vreeke is forming a training group at Kunsan for marathon runners, from novice to road-seasoned veterans.

Hoop It Up

Road to the Final Four
NCAA Basketball
contest
Beginning Feb. 1

\$\$\$ Cash \$\$\$
Prizes

Services club members draw prizes and teams between 7 and 8 p.m. at the Loring Club. The name of the team they will represent this season. The better the team does, the more chances to win.

SCORES & MORE

BOWLING		
American League		
	W	L
Fabrication	78	26
Red Devils	65	39
SUPS A	64	40
Med Dawgs	62	42
SVS	56	48
35 AMF	54	50
Munitions 2	54	50
8 MOS	53	51
COMM A	52	52
SFS	50	54
COMM B	50	54
80 AMF	50	54
Gatekeepers	48	56
OSS A	44	60
TRANS	30	64
Army	8	96

National League		
	W	L
Kwang Ju	72	32
Jack Stogies	66	38
Bad Ammo	65	39
PMEL	64	40
Avionics	61	43
Big Green Truck	60	44
Fuel Shop	58	46
80 AMF B	54	50
OSS	50	54
CPTF	46	58
Munsons	46	58
Wing Dings	46	58
MDG B	44	60
QA Buzzards	42	62
Post Office	30	74
MDG C	24	80

INTRAMURAL BASKETBALL

	W	L
OSS	8	0
CES A	7	0
Dirty Birds	6	1
SFS A	6	1
MDG	6	2
COMM A	5	1
Army	5	1
CES B	5	2
MSS	3	3
SFS B	3	3
AMMO	2	3
COMM B	2	5
MXO	2	6
LRS	2	6
MXS	1	4

OVER-30 BASKETBALL

	W	L
MDG	4	1
KUN DAWGS	3	1
MXS	2	2
CES	2	2
EAGLES	2	2
LRS	1	3
COMM	1	3
W. Varsity	0	3

PACAF — Fit to Fight

Pigskin Picks

The AFC and NFC division playoffs are here! The season is wrapping up and Superbowl weekend is fast-approaching.

Most teams ramp up their performances going into and during the playoffs with the hopes to clench their division title and that means competition during Pigskin Picks has gone to the next level as well. Head into your locker room, do your pregame ceremony, warm-up and get ready for the coin toss.

-Playoff Rules-

Pick which team you think will win and provide the point spread for

National Cervical Health Awareness Month

What every AF woman should know

By 1st Lt. Heather Healy
8th Fighter Wing Public Affairs

January is National Cervical Health Awareness Month, a month dedicated to educating women about the health benefits of receiving a Pap test annually.

According to the American Cancer Society, an estimated 12, 900 cases of cervical cancer were diagnosed in the United States in the year 2001. Out of those diagnosed, about 4,400 women died.

“Because of the Pap test, the rates of invasive cervical cancer have been declining for years,” said Maj. Gordon Campbell, director of the 8th Fighter Wing Health and Wellness Center. “Yet it still ranks sixth in cancer mortality in the United States.”

During the test, a doctor swipes the surface of the cervix to gather a sample of cells, according to Campbell.

“The Pap test can find cells that are starting to change into cancer or have changed into cancer,” said Campbell, who notes that if the cancer is caught

early and has not spread to other organs, it's highly curable.

The test has reduced the annual death rate of cervical cancer from 26,000 in 1941 to 4,600 in 2000, which is why the Air Force includes it as part of a woman's annual physical health assessment.

However, according to Campbell, it's still a woman's responsibility to ensure she's meeting her yearly requirement.

“Most bases get behind on their Pap test appointments because they also have dependents at those bases who need appointments,” Campbell said.

“The key message to take away from this is to understand that sexually transmitted diseases, especially viruses of the Human Papillomavirus family, are now considered to be the primary cause of abnormal cellular changes that lead to cervical cancer.”

The Center for Disease Control's Web site states: “Experts agree that infection with certain strains of the HPV is one of the strongest risk factors for cervical cancer.”

The Web site also explains that intercourse at an early age, multiple male sexual partners, and sex with a male partner who has had multiple sexual partners will increase the chances of becoming infected.

“The key to treating any disease is always prevention,” Campbell said.

“The Pap test has been the best method, to date, in detecting this disease early.”

Fast Facts

Studies that have identified risk factors associated with cervical cancer have shown that cervical cancer is closely linked to:

- ❑ Failure to receive regular Pap test screening
- ❑ Human papillomavirus (HPV) infection
- ❑ Certain sexual behaviors
- ❑ Immunosuppressive disorders such as HIV/AIDS



Fitness Fact

Want to be smarter? — Exercise more! A recent published study showed that regular bouts of cardiovascular exercise not only improves health, but might help prevent the deterioration of brain cells that can lead to Alzheimer's disease. With Alzheimer's disease affecting more than four million Americans, this is just one more reason for the Wolf Pack to stay 'Fit to Fight.'

For more information on cardiovascular exercise, disease prevention, and other topics, call the Health and Wellness Center at 782-4305.



Name: Gary Osborne
Team: 8th LRS
Record: 4-4
Pigskin Playoffs Picks MVP

NFC
Tampa Bay Buccaneers _____
vs.
Philadelphia Eagles _____

AFC
Tennessee Titans _____
vs.
Oakland Raiders _____

Tie Breaker: Pick the **total** points for **each** game.

Let's get PHYSICAL

Physical Therapy office works out the kinks to get the Wolf Pack back in the war



Electric conductors are applied to a patient with a torn ACL. Electric stimulation increases bloodflow and the production of endorphins to speed up the healing process.



Kammerer applies an ice pack to a knee injury. Ice is used for injuries with acute, sharp shooting pain because it provides a numbing effect. Moist heat pads are used to treat deeper aches and pains.

Tech. Sgt. Albert Kammerer, 8th Medical Group physical therapy NCOIC, applies electro-conductors to a patient with a shoulder injury.



Senior Airman Ronald Welch, 80th Fighter Squadron, uses a flexible tool called a 'body blade' to work and strengthen a shoulder injury without over exerting the muscle. Patients perform small exercises in addition to receiving the electronic and heat and cold therapy.

